



COMMUNITY-BASED ORGANIZATIONS & RURAL COMMUNITIES SECTOR TELEBRIEFING

County of San Diego

Last Updated: 10/8/2021



WHEN IS THE NEXT TELEBRIEFING?



Community-Based/Rural Communities Telebriefings: 1st Fridays

Next telebriefing: November 5, 2021 | 1pm-2pm

November 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 CBO & Rural Tele	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Agenda

- Welcome & Announcements
- Reopening Updates
- Medical Updates
- CBO & Rural Sector Feedback
- Check Your Mood Announcement
- Q & A
- Closing

Our Speakers



ALLISON HIRAHARA

Community Health
Promotion Specialist



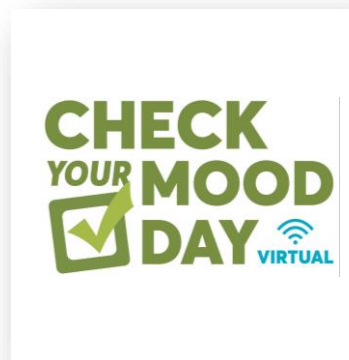
GARY JOHNSTON

Chief Resilience Officer, County
COVID-19 Response Incident
Commander, COVID-19
Reopening Lead



SAYONE THIHALOLIPAVAN, MD, MPH

Medical Consultant
County of San Diego



JAYNE REINHARDT

Community Health Promotion
Specialist- Community
Health & Enrichment Team

Welcome to the CBO & Rural Communities Telebriefing



A few reminders before we begin:



This telebriefing is being recorded.



Your lines are muted



Please enter your questions in the Q&A Box and your comments in the chat box.



You can email us at:
COVID-CBO-FAITH@sdcounty.ca.gov



ANNOUNCEMENTS



SAVE THE DATES!



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SAVE THE DATES! November 17-18, 2021

Virtual Live Well Advance Conference

Recover, Renew and Reconnect with
virtual Breakout Sessions that include:

- Economic Recovery
- Environmental Action
- Equity and Social Justice
- Workplace Wellness
- Partner Collaboration
- Public Health

Registration available
in mid-October
livewellsd.org/advance

Special Thanks To Our Sponsors



NEW TESTING SITES!



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**The Tubman Chavez Community Center has closed!
Testing is now available at the following no-appointment sites:**

Bayview Baptist Church 6134 Pastor Timothy J Winters St, San Diego, CA 92114	Sunday and Monday 9 am – 3:30 pm
Encanto Southern Baptist Church 6020 Akins Ave, San Diego, CA 92114	Monday – Friday 10:30 am – 5:30 pm
City of Hope International Church 4999 Holly Dr, San Diego, CA 92113	Tuesday – Saturday 10 am – 5:30 pm

HHS LAUNCHES NEW VACCINE CAMPAIGN



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Read the full article [here](#)



REOPENING UPDATES

GARY JOHNSTON
CHIEF RESILIENCE OFFICER
COUNTY COVID-19 RESPONSE INCIDENT COMMANDER
COVID-19 REOPENING LEAD



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COVID-19 VACCINE REQUIREMENT FOR SCHOOLS



California Becomes First State in Nation to Announce COVID-19 Vaccine Requirements for Schools



- On October 1, Governor Gavin Newsom announced that the COVID-19 vaccine will be required for in-person school attendance—just like vaccines for measles, mumps, rubella, and more.
- The requirement will take effect at the start of the term following full FDA approval for that grade span (grades 7-12 and, then grades K-6).
- California will grant exemptions for medical reasons, as well as religious and personal beliefs.
- Unvaccinated students without exemptions will have the option to enroll in a fully online school, attend independent-study programs offered by school districts, or be homeschooled.



MEDICAL UPDATES

SAYONE THIALOLIPAVAN, MD, MPH
MEDICAL CONSULTANT
COUNTY OF SAN DIEGO



COVID-19 Vaccine Boosters



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On September 22, the FDA granted an emergency use authorization for a booster dose of the Pfizer mRNA COVID vaccine for those 65 and older and those at high risk for severe illness from the coronavirus.

The following groups ***should*** get a third dose of the Pfizer vaccine:

- People aged 65 years and older
- People aged 18 years and older in long-term care settings
- People aged 50 - 64 years with underlying medical conditions

The following groups ***may*** receive a booster shot of the Pfizer vaccine, based on their individual benefits and risks:

- People aged 18 - 49 years with [underlying medical conditions](#)
- People aged 18 - 64 years at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting

The booster is available for these groups **6 months after their 2nd dose.**

COVID-19 Vaccine Boosters: FAQs



Can people who got the Moderna or J&J vaccines get a booster shot?

- At this time, the booster authorization only applies to people who got the Pfizer-BioNTech vaccine. More data on the effectiveness and safety of Moderna and J&J/Janssen booster shots are expected soon.

Am I still considered “fully vaccinated” if I don’t get a booster shot?

- Yes. Everyone is still considered fully vaccinated two weeks after their 2nd dose in a 2-shot series, or two weeks after a single-dose vaccine.

If we need a booster shot, does that mean that the vaccines aren’t working?

- No. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the Delta variant. However, public health experts are starting to see reduced protection, especially among certain populations, against mild and moderate disease.


What about people who have had breakthrough or postvaccination infections?

- There isn't guidance about boosters for this population yet. If you've had a breakthrough/postvaccination infection, you should consult with your physician.



GET YOUR FLU SHOT!



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Can I get my COVID-19 booster and flu shot at the same time?

-  **YES.** If it's time for your COVID-19 booster dose, get your flu shot the same day!
-  *Not eligible for a COVID-19 booster yet? Be sure to protect yourself from the flu by scheduling your flu shot today.*

As of 9/23/2021

The flu shot is recommended for everyone aged 6 months and older. Visit the County website for a list of [Flu Vaccine Locations](#).

COVID-19 VACCINES & PREGNANCY



CDC Health Advisory: COVID-19 Vaccination for Pregnant People

The CDC strongly recommends COVID-19 vaccination for people who are pregnant, recently pregnant, breastfeeding, trying to become pregnant now, or might become pregnant in the future.

- Approximately 97% of pregnant people hospitalized with COVID-19 were unvaccinated.
- In addition to the risks of severe illness and death from COVID-19, there is also an increased risk for adverse pregnancy and neonatal outcomes.
- The benefits of vaccination outweigh known or potential risks for pregnant people.



COVID-19 Vaccines While Pregnant or Breastfeeding

VACCINATION IN SAN DIEGO COUNTY



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County of San Diego COVID-19 Vaccination Dashboard

Eligible Population: 2,802,581 San Diegans

San Diego County Residents Vaccinated with At Least One Dose

2,485,932

88.7% 

San Diego County Residents Fully Vaccinated *

2,226,510

79.4% 

*Fully Vaccinated is based on receiving either a single dose of Johnson & Johnson or both doses of Moderna or Pfizer, therefore completing the recommended vaccination series. However, individuals are not considered fully vaccinated until two weeks after completing the series, as defined by the Centers for Disease Control and Prevention (CDC). Eligible Population expanded to 12 years and older as of 5/13/2021. Eligible Population is San Diego County residents age 12 years and older, or 2,802,581 individuals. The total San Diego County population is 3,347,827. Population estimates are California Department of Finance 2021 Population Estimates, April 2021 release. Individuals vaccinated from some tribal entities and some prisons and federal detention facilities are not included, as these providers do not report to SDIR. Veterans Affairs individuals vaccinated added 4/28/2021. Department of Defense (DoD) individuals vaccinated added 5/6/2021. A small number of individuals vaccinated at DoD San Diego sites are residents of surrounding counties but receive care in San Diego County. San Diego County residents vaccinated with Johnson & Johnson Janssen single dose vaccine are included in "vaccinated with at least one dose" and "fully vaccinated" categories

BENEFITS OF COVID-19 VACCINATION CONTINUE TO OUTWEIGH RISKS



Guillain-Barré Syndrome (GBS), Thrombosis with thrombocytopenia syndrome (TTS), and Myocarditis have been reported as very rare adverse events following the COVID-19 vaccine. The benefits of COVID-19 vaccination continue to outweigh the risks, and the CDC is actively monitoring these events.

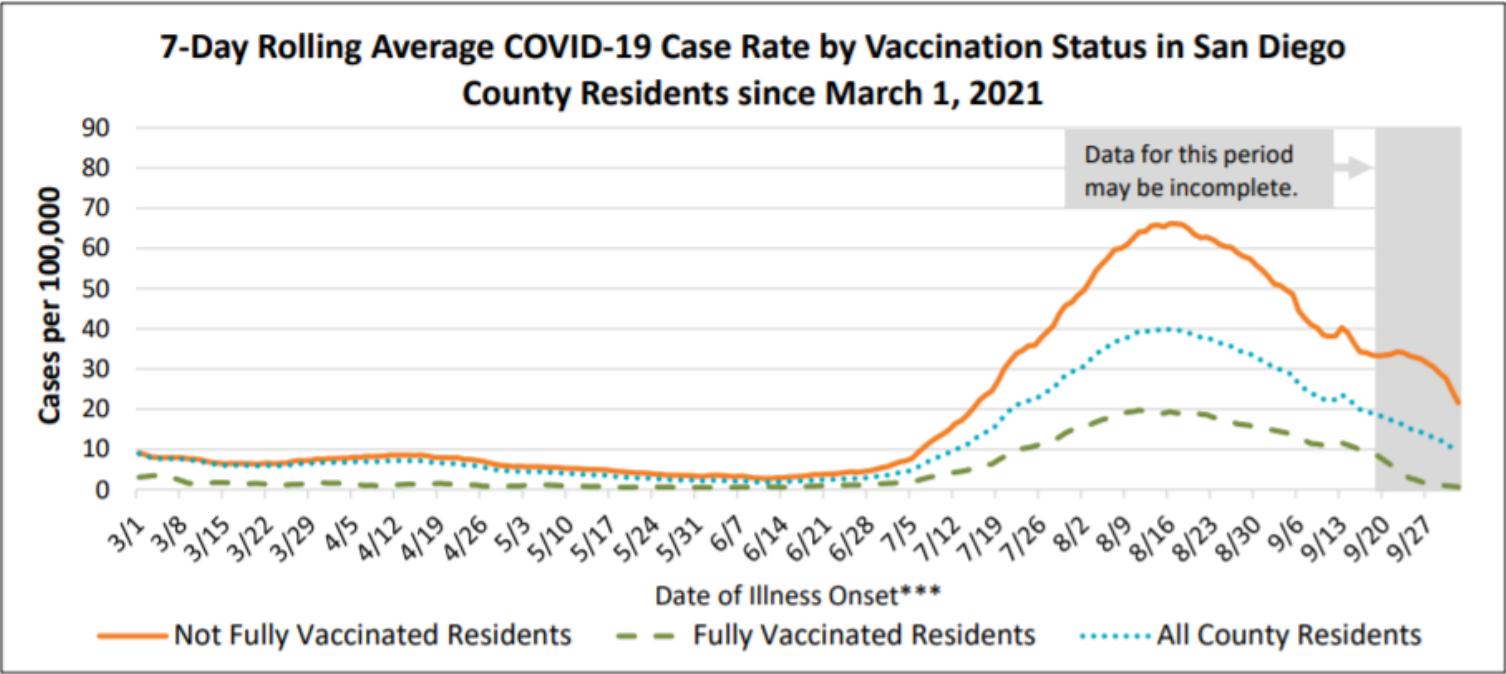
For every million doses of vaccine given with U.S. exposure risk and hospitalization rates from June 19, 2021		
Group Most Affected by GBS	Prevented COVID-19 Hospitalizations, ICU Admissions, & Deaths	GBS Cases
Males 50 – 64 years old	2,420	14 – 17 cases
Group Most Affected by TTS	Prevented COVID-19 Hospitalizations, ICU Admissions, & Deaths	TTS Cases
Females 30 – 49 years old	1,060	8 – 10 cases
Group Most Affected by Myocarditis	Prevented COVID-19 Hospitalizations, ICU Admissions, & Deaths	Myocarditis Cases
Males 18 – 29 years old	363	22– 27 cases

COVID-19 Case Rate by Vaccination Status



Case rate for not fully vaccinated residents is **4 times higher** than fully vaccinated residents

Average Daily Cases per 100,000 (7-day average with 14-day lag: 9/12/2021– 9/18/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
33.4	8.8	18.9



*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.
**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.
***If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

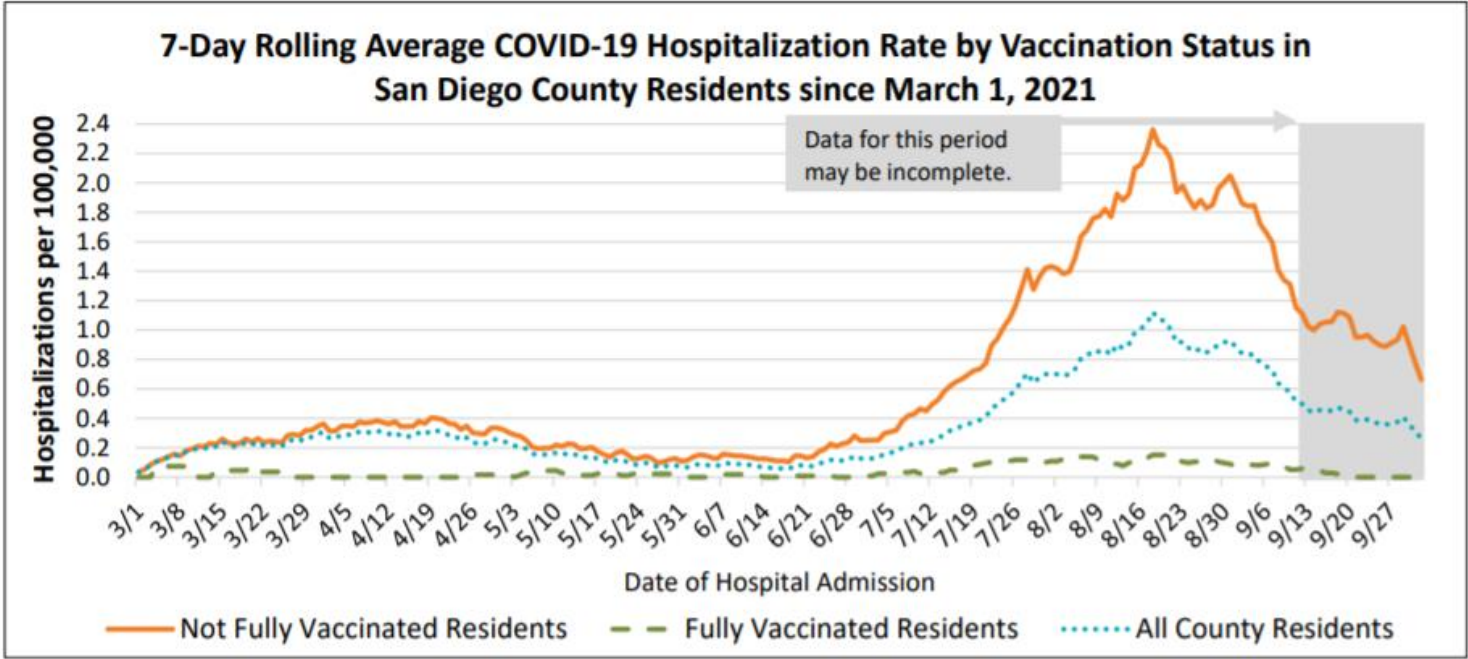
Prepared by the County of San Diego. Data through 10/2/2021, updated 10/6/2021.

COVID-19 Hospitalization Rate by Vaccination Status



Hospitalization rate for not fully vaccinated residents is **23 times higher** than fully vaccinated

Average Daily Hospitalizations per 100,000 (7-day average with 21-day lag: 9/5/2021 – 9/11/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
1.15	0.05	0.51



*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.

**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.

For more information see the [COVID-19 Watch](#) and the [Summary of Cases by Vaccination Status](#).

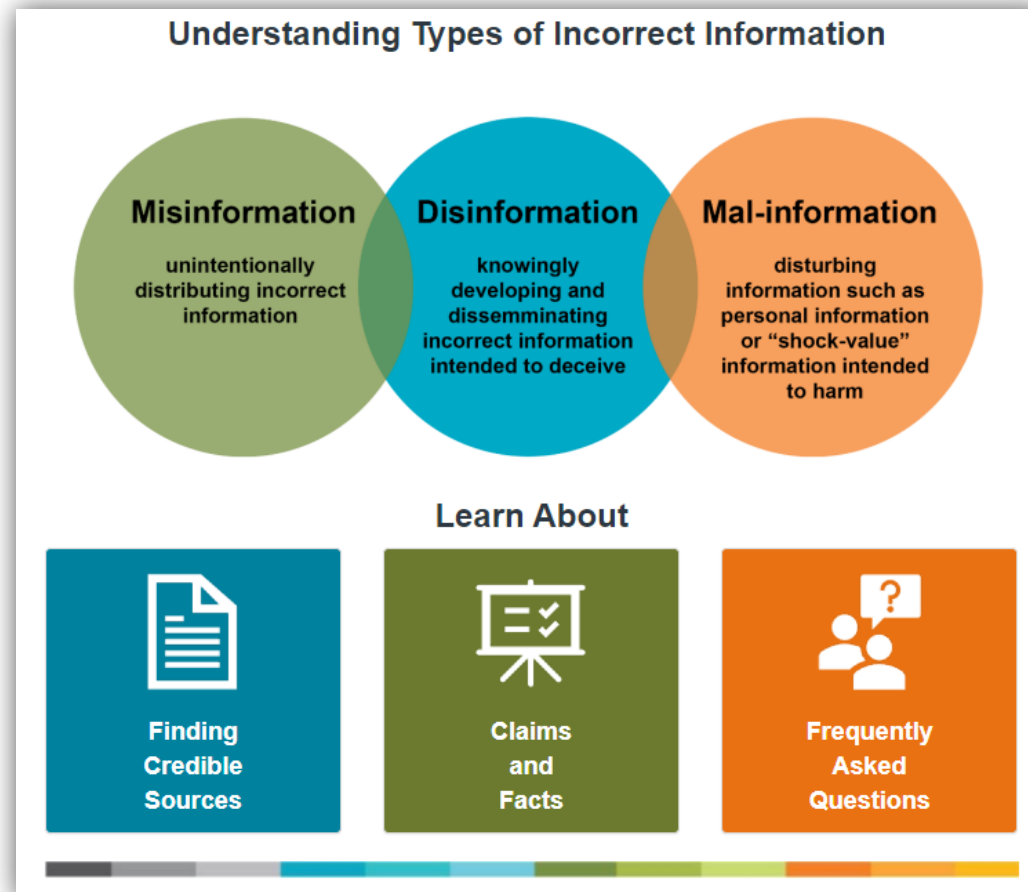
Prepared by the County of San Diego. Data through 10/2/2021, updated 10/6/2021.

EVALUATING COVID-19 INFORMATION



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The County's new [Evaluating COVID-19 Information](#)
resource link is **LIVE!**



EARLY THERAPY FOR COVID-19 AVAILABLE AT NO COST



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MONOCLONAL ANTIBODY THERAPY IS AVAILABLE!

- Monoclonal antibodies are proteins that fight infection.
- One injection can help people from getting sicker and/or hospitalized from COVID-19.
- Ideally, the potentially lifesaving treatment is received **as soon as possible** after COVID-19 symptoms begin, **EVEN IF** you are already vaccinated.
- Monoclonal antibody treatment is available at no cost to all [medically eligible](#) individuals, regardless of health insurance or immigration status.

WHO CAN BENEFIT FROM MONOCLONAL ANTIBODIES?

- People who have a positive test for COVID-19 and have mild to moderate symptoms, **AND**
- Have had COVID-19 symptoms for less than 10 days, **AND**
- Are at least 12 years old, **AND**
- Are at [high-risk](#) of getting very sick from COVID-19
 - Examples include: 65 years of age or older, obese, pregnant, diabetes, heart disease, and high blood pressure





Ways to access monoclonal antibodies at a MARC

- If you think you qualify, call **(619) 685-2500** with questions or to make an appointment
- You can talk to your doctor or health provider to see if you would benefit
- Your doctor can call **(619) 685-2500** with questions
- For additional information visit: www.sandiegocounty.gov/COVIDHealthProfessionals
- Email us at: CovidTreatment@sdcounty.ca.gov

LOCATIONS

Now Open!

**MARC at
Vista Community Clinic**

Vista

**MARC at
Escondido**

Escondido

**MARC at
Clairemont
Friendship Center**

Clairemont

**Family Health Centers
of San Diego**

Hillcrest & Chula Vista



SECTOR ASSESSMENT



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COVID-19 SECTOR ASSESSMENTS



Goals:

- 1) Identify how partners and stakeholders are currently benefiting from sector work
- 2) Identify challenges that CBOs are experiencing during the current stage of the COVID-19 pandemic
- 3) Identify what tools or resources would benefit CBOs in the coming months

[Community-Based Organizations & Rural Communities Sector Assessment](#)



CHECK YOUR MOOD



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Virtual Check Your Mood Day

Overview

County of San Diego CYM Liaisons:
Katie Anderson, Muquxi La,
Hazel Quinones & Jayne Reinhardt

checkyourmood@sdcounty.ca.gov

jayne.Reinhardt@sdcounty.ca.gov



**BEHAVIORAL HEALTH
WORK TEAM**
COMMUNITY HEALTH IMPROVEMENT PARTNERS
making a difference together



Up2SD.org



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What is Check Your Mood (CYM) Day?

- **Held annually on the 2nd Thursday in October on National Depression Screening Day**
- **Purpose:**
 - **Raise Awareness of Mental Health and related resources**
 - **Reduce Stigma**
 - **Highlight the importance of mental health screenings in supporting overall health and well being**



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What Did We Plan to Achieve?

Encourage community members across the County to:

- **Take an online Check Your Mood screening and advocate for mental health**
- **Disseminate information on depression and other types of mental illnesses to the general public via social media and other forms of virtual communications**
- **Talk openly about mental illness and promote stigma reduction**

By implementing safe practices such as virtual communication and social distancing, inform community members of important mental and behavioral health resources and services available in San Diego County



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Materials

CYM Partner E-Toolkit

Included items such as:

- **Screening Handouts**
 - Patient Health Questionnaire-2 (English, Arabic, Somali, Spanish, Tagalog, Vietnamese)
- ***Check Your Mood Resource List***
- **12 Ways to Take a Break (English and Spanish)**
- **Social Media Toolkit**
- **Local Organization & Campaign Materials**
 - *Resources from HHSA Behavioral Health Services and community partners*



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Materials

English PHQ-2 Screening Tool

Good mental health starts with you. How are you feeling?

CHECK YOUR MOOD

Self-Assessment



Everyone experiences stress, sadness and anxiety from time to time – it's a normal part of life. However, if you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to speak with a professional and assess your emotional health. Answering the questions below is a quick and easy way to evaluate whether or not you are experiencing normal levels of stress.

Over the last two weeks, how often have you been bothered by any of the following problems?
(For each line, use "✓" to indicate your answer)

	Not at all (0)	Several Days (1)	More than half the days (2)	Nearly every day (3)
Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down, depressed or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add your totals from each column
together to obtain your total score!

____ + ____ + ____ + ____
= Total Score: _____

What Your Score Means

This self-assessment is **not** a diagnostic tool; however, it is a great way to help monitor your mood and overall emotional well-being. It is recommended that individuals over 18 years old with a total score of '4' or higher complete the full version of this screening tool to determine whether or not they are experiencing symptoms consistent with depression.

To access the full version of this screening tool, visit: www.CheckYourMoodSD.org

Developed by Drs. Robert L. Spitzer, Janet B. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. © 1999. Patient Health Questionnaire (PHQ-9 & PHQ-2). (n.d.). Retrieved July 24, 2017, from <http://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/patient-health.aspx>.

Recognize the Difference

Everyone experiences stress, sadness and anxiety from time to time – it's a normal part of life. However, if you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to speak with a professional and assess your emotional health.

What are the common signs of depression?

- Persistent sad, anxious, or "empty" mood
- Difficulty falling asleep or staying asleep, or sleeping more than usual
- Reduced or increased appetite
- Unintended weight gain or loss
- Loss of pleasure and interest in once-enjoyable activities
- Restlessness
- Irritability
- Difficulty concentrating at work or school, or difficulty remembering things or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

Get Connected & Learn More

Numerous organizations and resources in San Diego County assist individuals who are experiencing mental health difficulties or searching for more information about mental health. Additionally, several educational opportunities are available countywide for those interested in learning more about mental health related issues. Visit www.CheckYourMoodSD.org for more information!

Access & Crisis Line – 1-888-724-7240

- Confidential hotline for behavioral health crisis intervention, information and services in San Diego County available 24 hours a day, 7 days a week. If you are not sure how to address a specific behavioral health situation, call and get connected toll-free to a trained professional who can help.

It's Up to Us - www.Up2SD.org

- A variety of educational materials—including tip sheets, resource guides, and videos—are available online. Increase your mental health knowledge and learn how you can support others, recognize symptoms, and raise awareness for mental illness in your community.

Mental Health America of San Diego County - www.mhasd.org

- Access free resources to raise awareness for mental health and engage in programs and trainings so you have the tools to respond to a psychiatric emergency until professional help arrives.

National Alliance on Mental Illness (NAMI) San Diego - www.namisaniego.org

- Since 1978, NAMI San Diego has provided opportunities, programs and services for families and individuals affected by serious mental illness. A Family & Peer Support Helpline, support groups, educational meetings, newsletters, and classes on mental illness are all available to the general public.

San Diego Network of Care - www.sandiego.networkofcare.org/mh/

- Comprehensive database of Behavioral Health Services in San Diego County maintained and provided by 2-1-1 San Diego. Find local services by topic or keyword, and access interactive tools, information, and resources to support your overall health.



Materials Resource List

Check Your Mood Resource List

Get Connected & Learn More

Numerous organizations and resources in San Diego County assist individuals who are experiencing mental health difficulties or searching for more information about mental health. Additionally, several educational opportunities are available countywide for those interested in learning more about mental health-related issues. Due to the COVID-19 pandemic, many organizations listed are providing virtual services and resources during this time.

Visit www.CheckYourMoodSD.org for more information!

GENERAL

Access & Crisis Line: 1-888-724-7240

ACL provides over the phone free, confidential counseling and community resources 7 days a week/24 hour a day to individuals struggling with mental health issues such as depression, anxiety, loss, anger and more. This resource is also available to family members and/or friends who are concerned about someone or professionals seeking resources for their clients.

2-1-1: Call 211 or visit 211SanDiego.org

An Information & Referral Specialist will navigate you through your situation by assessing your needs and matching you to the best resources in your community.

County of San Diego Behavioral Health Services

Visit <https://www.sandiegocounty.gov/hhsa/programs/bhs/>

Provides resources and information for general management of mental health and offers suggestions for coping with COVID-19. BHS also offers information and resources for individuals, behavioral/mental health professionals and caregivers.

EDUCATION & PREVENTION

Community Health Improvement Partners – SDCHIP.org

CHIP is a collaborative organization that facilitates the San Diego County Suicide Prevention Council (SPC). They provide free training opportunities, such as “Question Persuade Refer” (QPR) program to teach individuals simple steps to help save a life, and other programs addressing mental health.

Mental Health America (MHA), National – MentalHealthAmerica.net

Mental Health America is a national community-based network dedicated to helping all Americans have better mental health. Materials are available for purchase or download.

Mental Health America of San Diego County – MHASD.org

MHA's San Diego affiliate provides free resources and tools to raise awareness about mental health with programs and trainings — such as Mental Health First Aid — to community members, health professionals and other interested individuals.

It's Up to Us – UP2SD.org

The *It's Up to Us* Campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. A variety of educational materials — including newsletters, tip sheets, resource guides, and videos — are available online.

Jewish Family Service (JFS) San Diego – JFSSD.org

Confidential Helpline: 858-637-3210

Jewish Family Service programs and resources include food and meal provisions, leadership opportunities for children and youth, various support programs for adults and families, aging life care for older adults and refugee and immigration services.

National Alliance on Mental Illness San Diego – NAMI San Diego.org

Helpline: 1-800-523-5933

NAMI San Diego provides opportunities, programs, and services for families and individuals affected by serious mental illness. A family and peer support helpline, support groups, educational meetings, newsletters and classes on mental health are available to the general public.

INTERVENTION & CARE

Alvarado Parkway Institute (API) – APIBHS.com

24-hour Referral & Crisis Line: 1-800-766-4274

Skilled physicians and mental health professionals assess and triage prospective patients to address their specific needs and provide direction for care.

Sharp Mesa Vista Hospital – Sharp.com

Information: 858-836-8434

Provides 149 beds and a staff of psychiatrists and medical professionals. Patients of all ages can access residential and outpatient care to address anxiety, depression, substance abuse, eating disorders, bipolar disorder and more.

San Diego Postpartum Health Alliance – PostpartumHealthAlliance.org

Information: 619-254-0023

Provides postpartum resources that include downloadable materials as well as a “warmline” with a trained volunteer, or a volunteer with lived experience, who will offer encouragement and provide referrals to support groups or health care professionals.

SELF-HELP RECOVERY

Recovery International (RI), San Diego – RecoveryInternational.org

A trained self-help, peer-led program for anyone experiencing stress, tension, anxiety, panic, mood disorders, anger, fear, or other mental health issues. Visit RecoveryInternational.org/meetings/find-a-meeting for meeting locations in San Diego.








For more information on partners, mental health resources, and how to get involved, please visit:
www.CheckYourMoodSD.org



www.CheckYourMoodSD.org



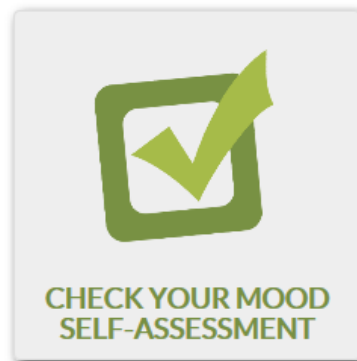
Please visit the Check Your Mood webpage to:

-  **Take the online Check Your Mood Self Assessment**
-  **Download and share the CYM promotional flyer and E-Toolkit with your networks**
-  **Participate in the social media campaign by downloading the toolkit to raise awareness about mental health**
-  **View the Twitter and Instagram feed for #StigmaFreeSD and #CheckYourMood**
-  **Visit the Community Resources page to learn more about behavioral health resources and services in San Diego County and beyond**
 - **For questions and information about Check Your Mood, please contact us at: checkyourmood@sdcounty.ca.gov**

Check Your Mood Website

www.CheckYourMoodSD.org

- The Check Your Mood promotional flyer, E-Toolkit and social media materials are available for download
- Twitter feed for #StigmaFreeSD and #CheckYourMood
- Additional Resources & Materials



Mental Health Screening Tools

Live Chat
Available Mon-Fri 4pm-10pm



CRISIS LINE
(888) 724-7240

7 Days a Week | 24 Hours a Day

#StigmaFreeSD Garner's Support

Thank you!



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LIGHTNING ROUND Q&A



LIVE WELL
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CLOSING





STAY CONNECTED!

- For additional questions and resources, please email:
Covid-CBO-Faith@sdcounty.ca.gov
- [Community-Based Organizations Webpage](#)
- [Rural Communities Webpage](#)
- [Sign up for email updates](#)

